

WORKOUT

LUNEDÌ	10.00-10.55 TOTAL BODY	11.00-11.55 POSTURAL PILATES	13.30-14.25 TONE UP	16.00-16.55 PILATES	18.40-19.30 CYCLING	19.30-20.25 TONE UP	20.30-21.25 PILATES		
MARTEDÌ	10.00-10.55 POSTURAL TRAINING	12.40-13.30 CYCLING	13.30-14.25 PILATES	16.30-17.25 G.A.G.	17.50-18.45 PILATES	19.00-19.55 TOTAL G.A.G.	20.00-21.15 PRIME FOLLOW ME	20.00-20.50 CYCLING	
MERCOLEDÌ	10.00-10.55 TOTAL BODY Low	11.00-11.55 PILATES	12.00-12.55 ZUMBA	13.00-13.55 TOTAL ENERGY	14.00-15.00 YOGA	16.00-16.55 PILATES	18.40-19.30 CYCLING	19.30-20.25 ZUMBA	20.30-21.25 PRIME B.G.
GIOVEDÌ	10.00-10.55 TOTAL G.A.G.	11.00-11.55 Postural PILATES	12:45-13:35 TOTAL BODY	13.40-14.30 CYCLING	17.30-18.30 YOGA	18.30-19.25 ZUMBA	19.30-20.25 TONE UP	20.00-21.15 PRIME FOLLOW ME NEW!	20.30-21.25 PILATES ADVANCED
VENERDÌ	10.00-10.55 Postural TRAINING	11.00-11.55 ZUMBA	12.45-13.40 TONE UP	13.45-14.40 PILATES	18.40-19.30 CYCLING	19.30-20.25 ZUMBA			
SABATO	10.30-11.30 TOTAL ENERGY	13.30-14.25 TOTAL BODY							
DOMENICA	11.00-12.00 YOGA	12.00-12.50 CYCLING							